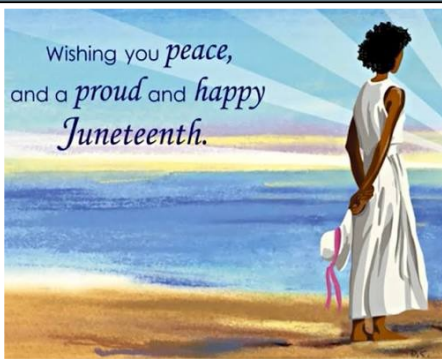


June 2026

The Landing of Poughkeepsie



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



1

10:05 Outdoor Morning Walks
 10:30 → Beach Sounds and Yoga
 10:30 🐾 Vet to Vet: Coffee & Connect
 11:00 🧩 Word Fit Puzzle
 1:00 🍵 Spa Day/ Tea and Nails
 1:30 🚤 The Love Boat
 2:30 Resident Council Meeting
 3:30 Rummikub Club
 6:00 📺 Monday Memoirs Movie:

2

9:00 📺 Tech Tuesday
 10:05 Outdoor Morning Walks
 10:30 → Exercise with Weights
 11:00 🌿 Garden Club- Ikebana, the art of flower arrangement
 11:05 Yoga on TV
 1:30 🎲 Blank Slate / Chunky MONKEY Business Game
 2:30 📺 TV Show / Bones -on Hulu/Disney
 2:30 🎲 The Poker Club
 3:30 🧩 NY Times Crossword Puzzle Club
 6:00 📺 Classic Movie Tuesday

3

10:05 Outdoor Morning Walks
 10:30 → Seated Core Workout
 10:30 🛒 Shopping/Outing
 11:00 🎨 Colorful Creations-Painting
 11:05 Yoga on TV
 1:30 🎲 Bingo
 2:30 📺 Rover Roaming Library
 2:35 🗺️ Travel to Mexico
 3:00 Trivia & Puzzles
 3:30 Wine & Cheese Happy Hour
 6:00 📺 Wednesday Western Movie

4

10:05 Outdoor Morning Walks
 11:00 → Cardio Workout
 11:00 🍵 Spa Day /Tea
 1:00 🎲 Thursday Rosary
 1:30 🎲 Poker, Poker, Poker
 2:00 🎲 Wheel of Fortune
 2:30 🎨 Arts & Culture
 3:00 🎲 Cornhole Game
 6:30 🎷 Flute Concert

5

10:05 Outdoor Morning Walks
 10:30 → Seated Exercise Class_ Yoga
 11:00 🎨 Arts & Crafts/ Beads Calss
 11:00 🧠 Cranium Crunches
 11:00 📖 The Plot Twisters at the Landing Book Club
 11:05 Yoga on TV
 1:30 🎲 Bingo
 2:35 Bible Study/Share Your Faith.
 3:00 📺 Robert Ulrich/History Lecture
 4:00 → Walking with Staff
 6:00 📺 Friday Night Movie Club

6

10:05 Outdoor Morning Walks
 10:30 → Exercise with Weights
 11:00 🕊️ Holy Communion Service
 1:30 📺 Blank Slate/Chunky MONKEY Business
 2:15 📺 TV Show -Victoria: -on Netflix
 2:30 → Team Never Walk Alone
 3:30 🎨 Jewelry Making with Alia
 6:00 📺 Saturday Night Rom-Com Movie

7

9:00 🕊️ St. Martin de Porres Sunday Mass
 10:05 Outdoor Morning Walks
 11:00 → Cardio Workout
 11:00 🕊️ United Methodist Church Service (on TV)
 1:00 Church on TV/Roman Catholic Mass
 1:30 🎲 Bingo Bingo Bingo
 2:30 🎲 Columbo
 3:30 🍷 Sunday Social Hour with Cocktails
 6:00 📺 Sunday Family Movie:

8

10:05 Outdoor Morning Walks
 10:30 → Better Balance with Elizabeth
 10:30 🐾 Vet to Vet: Coffee & Connect
 11:00 🗨️ Resident Ambassador Meeting
 11:00 🧩 Word Fit Puzzle
 1:00 🍵 Spa Day/ Tea and Nails
 2:00 Rummikub Club
 2:00 🚤 The Love Boat
 3:00 🍷 Pastry Pals Baking Club/ M&M Cookies
 3:30 🎲 Tea & Trivia
 6:00 📺 Monday Memoirs Movie:

9

9:00 📺 Tech Tuesday
 10:05 Outdoor Morning Walks
 10:30 → Exercise with Weights
 11:00 🌿 Garden Club- Ikebana, the art of flower arrangement
 11:05 Yoga on TV
 1:30 🎲 Blank Slate / Chunky MONKEY Business Game
 2:30 📺 TV Show / Bones -on Hulu/Disney
 2:30 🎲 The Poker Club
 3:30 🧩 NY Times Crossword Puzzle Club
 6:00 📺 Classic Movie Tuesday

10

10:05 Outdoor Morning Walks
 10:30 → Seated Core Workout
 10:30 🛒 Shopping/Outing
 11:00 🎨 Colorful Creations-Painting
 11:05 Yoga on TV
 1:30 🎲 Bingo
 2:35 🍲 Food for Thought
 3:00 Trivia & Puzzles
 3:30 Wine & Cheese Happy Hour
 3:35 🗺️ Travel to California
 10:30 📺 Wednesday Western Movie: She Wore a Yellow Ribbon [AR]

11

10:05 Outdoor Morning Walks
 11:00 → Cardio Workout
 11:00 🍵 Spa Day /Tea
 1:00 🕊️ Thursday Rosary
 1:35 📺 Fox Rehab Lecture with Susan/ Summer Safety
 2:00 🎲 Wheel of Fortune
 2:30 🎨 Arts & Culture
 3:00 🏀 Grammy Pants Basketball
 6:30 🎷 Piano Concert

12

10:05 Outdoor Morning Walks
 10:30 → Seated Exercise Class_ Yoga
 11:00 🎨 Arts & Crafts/ Beads Calss
 11:00 🧠 Cranium Crunches
 11:05 Yoga on TV
 1:30 🎲 Bingo
 2:35 Bible Study/Share Your Faith.
 3:30 📺 The History Buffs/Color Guard
 4:00 → Walking with Staff
 6:00 📺 Friday Night Movie Club

13

10:05 Outdoor Morning Walks
 10:30 → Exercise with Weights
 11:00 🕊️ Holy Communion Service
 1:30 📺 Blank Slate/Chunky MONKEY Business
 2:15 📺 TV Show -Victoria: -on Netflix
 2:30 → Team Never Walk Alone
 3:30 🎨 Jewelry Making with Alia
 6:00 📺 Saturday Night Rom-Com Movie

Flag Day 14

9:00 🕊️ St. Martin de Porres Sunday Mass
 10:05 Outdoor Morning Walks
 11:00 → Cardio Workout
 11:00 🕊️ United Methodist Church Service (on TV)
 1:00 Church on TV/Roman Catholic Mass
 1:30 🎲 Bingo Bingo Bingo
 2:30 🎲 Columbo
 3:30 🍷 Sunday Social Hour with Cocktails
 6:00 📺 Sunday Family Movie:

15

10:05 Outdoor Morning Walks
 10:30 → Gratitude Circle and Yoga
 10:30 🐾 Vet to Vet: Coffee & Connect
 11:00 🧩 Word Fit Puzzle
 1:00 🍵 Spa Day/ Tea and Nails
 2:00 Rummikub Club
 2:00 🚤 The Love Boat
 3:00 🍷 Pastry Pals Baking Club: Fresh Fruit Skewers
 3:30 🎲 Tea & Trivia
 6:00 📺 Monday Memoirs Movie:

16

9:00 📺 Tech Tuesday
 10:05 Outdoor Morning Walks
 10:30 → Exercise with Weights
 11:00 🌿 Garden Club- Ikebana, the art of flower arrangement
 11:05 Yoga on TV
 1:30 🎲 Blank Slate / Chunky MONKEY Business Game
 2:30 📺 TV Show / Bones -on Hulu/Disney
 2:30 🎲 The Poker Club
 3:30 🧩 NY Times Crossword Puzzle Club
 6:00 📺 Classic Movie Tuesday

17

10:05 Outdoor Morning Walks
 10:30 → Seated Core Workout
 10:30 🛒 Shopping/Outing
 11:00 🎨 Colorful Creations-Painting
 11:05 Yoga on TV
 1:30 🎲 Bingo
 2:35 🌴 Best Tropical Vacations/Travel
 3:00 Trivia & Puzzles
 3:30 Wine & Cheese Happy Hour
 6:00 📺 Wednesday Western Movie

18

10:05 Outdoor Morning Walks
 11:00 → Cardio Workout
 11:00 🍵 Spa Day /Tea
 1:00 🕊️ Thursday Rosary
 1:30 🎲 Poker, Poker, Poker
 2:00 🎲 Wheel of Fortune
 2:30 🎨 Arts & Culture
 3:00 🎂 Birthday Celebration with Mike Hitte
 3:00 🎲 Mexican Train Dominos
 6:00 📺 Thursday Night Musical Movies

Juneteenth 19

10:05 Outdoor Morning Walks
 10:30 → Seated Exercise Class_ Yoga
 11:00 🎨 Arts & Crafts/ Beads Calss
 11:00 🧠 Cranium Crunches
 11:05 Yoga on TV
 1:30 🎲 Bingo
 2:35 Bible Study/Share Your Faith.
 - The History Buffs/ Celebration of Freedom
 4:00 → Walking with Staff
 6:00 📺 Friday Night Movie Club

20

10:05 Outdoor Morning Walks
 10:30 → Exercise with Weights
 11:00 🕊️ Holy Communion Service
 1:30 📺 Blank Slate/Chunky MONKEY Business
 2:15 📺 TV Show -Victoria: -on Netflix
 2:30 → Team Never Walk Alone
 3:30 🎨 Jewelry Making with Alia
 6:00 📺 Saturday Night Rom-Com Movie

Happy Father's Day 21

9:00 🕊️ St. Martin de Porres Sunday Mass
 10:05 Outdoor Morning Walks
 11:00 → Cardio Workout
 11:00 🕊️ United Methodist Church Service (on TV)
 1:00 Church on TV/Roman Catholic Mass
 1:30 🎲 Bingo Bingo Bingo
 2:30 🎲 Columbo
 3:00 🕊️ Gospel Music Concert
 6:00 📺 Sunday Family Movie:

22

10:05 Outdoor Morning Walks
 10:30 → Better Balance with Elizabeth
 10:30 🐾 Vet to Vet: Coffee & Connect
 11:00 🧩 Word Fit Puzzle
 1:00 🍵 Spa Day/ Tea and Nails
 2:00 Rummikub Club
 2:00 🚤 The Love Boat
 3:00 🍷 Pastry Pals Baking Club/Pineapple Cake
 3:30 🎲 Tea & Trivia
 6:00 📺 Monday Memoirs Movie:

23

9:00 📺 Tech Tuesday
 10:05 Outdoor Morning Walks
 10:30 → Exercise with Weights
 11:00 🌿 Garden Club- Lady bug release
 11:05 Yoga on TV
 1:30 🎲 Blank Slate / Chunky MONKEY Business Game
 2:30 📺 TV Show / Bones -on Hulu/Disney
 2:30 🎲 The Poker Club
 3:30 🧩 NY Times Crossword Puzzle Club
 6:00 📺 Classic Movie Tuesday

24

10:05 Outdoor Morning Walks
 10:30 → Seated Core Workout
 10:30 🛒 Shopping/Outing
 11:00 🎨 Colorful Creations-Painting
 11:05 Yoga on TV
 1:30 🎲 Bingo
 2:35 🗺️ Travel to S. Pacific Island
 3:00 Trivia & Puzzles
 3:30 Wine & Cheese Happy Hour
 6:00 📺 Wednesday Western Movie

25

10:05 Outdoor Morning Walks
 11:00 → Cardio Workout
 11:00 🍵 Spa Day /Tea
 1:00 🕊️ Thursday Rosary
 1:30 🎲 Poker, Poker, Poker
 2:00 🎲 Wheel of Fortune
 2:30 🎨 Arts & Culture
 3:00 🎵 Grampa Joe Washboard Band
 6:00 📺 Thursday Night Musical Movies

26

10:05 Outdoor Morning Walks
 10:30 → Seated Exercise Class_ Yoga
 11:00 🎨 Arts & Crafts/ Beads Calss
 11:00 🧠 Cranium Crunches
 11:05 Yoga on TV
 1:30 🎲 Bingo
 2:35 Bible Study/Share Your Faith.
 3:30 📺 The History Buffs/June is the sixth month of the year
 4:00 → Walking with Staff
 6:00 📺 Friday Night Movie Club

27

10:05 Outdoor Morning Walks
 10:30 → Exercise with Weights
 11:00 🕊️ Holy Communion Service
 1:30 📺 Blank Slate/Chunky MONKEY Business
 2:15 📺 TV Show -Victoria: -on Netflix
 2:30 → Team Never Walk Alone
 3:30 🎨 Jewelry Making with Alia
 6:00 📺 Saturday Night Rom-Com Movie

28

9:00 🕊️ St. Martin de Porres Sunday Mass
 10:05 Outdoor Morning Walks
 11:00 → Cardio Workout
 11:00 🕊️ United Methodist Church Service (on TV)
 1:00 Church on TV/Roman Catholic Mass
 1:30 🎲 Bingo Bingo Bingo
 2:30 🎲 Columbo
 3:30 🕊️ Family Trivia Night
 6:00 📺 Sunday Family Movie:

29

10:05 Outdoor Morning Walks
 10:30 → Better Balance
 10:30 🐾 Vet to Vet: Coffee & Connect
 11:00 🧩 Word Fit Puzzle
 1:00 🍵 Spa Day/ Tea and Nails
 2:00 Rummikub Club
 2:00 🚤 The Love Boat
 2:30 Resident Council Meeting
 3:30 🎲 Tea & Trivia
 6:00 📺 Monday Memoirs Movie:

30

9:00 📺 Tech Tuesday
 10:05 Outdoor Morning Walks
 10:30 → Exercise with Weights
 11:00 🌿 Garden Club- Ikebana, the art of flower arrangement
 11:05 Yoga on TV
 1:30 🎲 Blank Slate / Chunky MONKEY Business Game
 2:30 📺 TV Show / Bones -on Hulu/Disney
 2:30 🎲 The Poker Club
 3:30 🧩 NY Times Crossword Puzzle Club
 6:00 📺 Classic Movie Tuesday

THE LANDING
OF POUGHKEEPSIE
SENIOR LIVING

“Gaze upward, look inward,
reach outward, press
forward.”
— Thomas S. Monson

CELEBRATIONS
ACTIVITIES & EVENTS

Happy Father's Day